

## **Week #3 – January 30, 2023**

### **Regional Bowling Assignments**

Regional assignments have been posted? A huge thank you to the schools that stepped up and agreed to host a regional contest. [Regional Bowling Assignments](#)

### **Pace of Play**

Coaches need to be aware of their athletes and the pace of play during bowling meets. This is not intended to rush any bowler but if bowlers are sitting and not ready to bowl when it is their turn, this increases the length of meets and causes some schools to wait much longer for final results before getting back on the road to home. Let's be respectful of the game and the bowlers.

### **Bowling Ball Limit**

Participants shall be limited to no more than two bowling balls at any one time on the ball return. Equipment changes will be allowed. All bowling balls must adhere to USBC rules for weight and hardness and be in compliance with these terms and conditions.

### **Competition Area**

Only bowlers who are in the lineup and are currently competing are allowed in the settee area. If space is available in the settee area, opposite gender bowlers from the competing school will be allowed to be seated in this area.

During tenpins bowling, coaches and non-playing bowlers shall remain seated in the settee area during competition. Excessive standing in the settee area by coaches or bowlers during tenpins bowling is not permitted.

During Baker bowling, coaches and bowlers shall be allowed to stand in the settee area and at the back of the approach. Non-playing bowlers and managers will not be allowed to stand in this area.

### **Rule 45 – Bowling**

Article 3: No student representing a member school shall participate in more than 10 days of competition during a season, exclusive of regional and state tournaments.

### **United States Bowling Congress**

If you would like to improve your coaching skills and have yet to take the United States Bowling Congress Coaching Level 1, here is that link.

<https://bowl.com/coaching/level-i-training>

### **2023 State Bowling Tournament**

Thursday, March 2 – Class 5-1A: Competition for girls and boys in Class 5-1A will take place on Thursday, March 2. The girls' tournament will be held in the morning followed by the boys' tournament in the afternoon.

Friday, March 3 – Class 6A: Competition for girls and boys in Class 6A will take place on Friday, March 3. The girls' tournament will be held in the morning followed by the boys' tournament in the afternoon.

These tournaments will be held in Wichita at Northrock Lanes. The host schools for the State Bowling Tournaments are Bishop Carroll, Derby, and Haysville Campus.